

Dried herbs (individual or mixed)	Cider vinegar	All spice
Fish paste	Cumin	Caraway seeds
Gravies (unless all ingredients are OK)	Garam masala	Cardamom
<u>Paprika</u>	Ginger (powder)	Cayenne pepper
Pickles	Wine vinegar	Chilli
Salad dressing (unless all ingredients OK)	Avoid products flavoured with mint,	Cinnamon
Sauces (unless all ingredients are OK)	wintergreen or menthol including certain	Cloves
<u>Spices (other)</u>	toothpastes, mouthwashes and some	Fresh herbs
Stock cubes	medicines.	Garlic
Tomato paste		Ginger root
<u>Tomato sauce</u>		Horseradish
Turmeric		Malt
<u>Worcester sauce</u>		Malt vinegar
		Marmite
		Mustard
		Nutmeg
		Pepper (white & black)
		Poppy seeds
		Saffron
		Soy sauce
		Tabasco
		Vanilla
		Vegemite

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Patient information on Salicylate Sensitivity (Part II)

What foods have high, medium and low salicylate levels?

Drinks

High (**V High**) Salicylate

Ales
Beer

Benedictine

Lager

Wine

Medium Salicylate

Champagne
Cider
Cola drinks

Flavoured coffee

Juices of high salicylate fruits (see below)

Port & liqueurs

Tea

Tomato juice

Soft & fizzy drinks

Low or No Salicylate

All others
(herbal teas & coffee are OK)
(provided no artificial colouring, flavouring, spice, or disallowed herb or fruit is present)

Bread and cereals

High (**V High**) Salicylate

Breakfast cereals/museli with fruit

Currant buns

Fruit breads

Raisin breads

Pasta sauces

Medium Salicylate

Corn breakfast cereals

Corn meal

Corn flour

Corn flakes

Polenta

Low or No Salicylate

All others
(provided no disallowed fruit, dried fruit, vegetable, spice or dried herb is present)
(plain pasta and plain cereals are OK)

Meat & Fish

High (**V High**) Salicylate

Dried fish

Fish in tomato sauce

Frankfurters

Medium Salicylate

Kidney and liver

Tinned meat

Low or No Salicylate

All others
(plain meats, fish, shellfish, poultry, ham, bacon and corned beef are OK)

Information for patients, families and carers



Luncheon meats

Meat pies & pasties

Salami

Sausage rolls

Seasoned meats

Spicy sausage

Sweetbreads

Milk, egg, oils and fats

High (V High) Salicylate

Flavoured milk

Flavoured ice-creams & sorbets

Flavoured yoghurt (except those on the right)

Milk shakes

Prepared dips

Prepared spreads

Medium Salicylate

OK)

(sausages and hamburgers are OK if free

from spice, preservatives or dried herbs)

Low or No Salicylate

All others

(eggs, butter, milk, cheese, powdered milk, soya milk, margarine, vegetable oil

and vanilla ice-cream are all OK)

(yoghurts – plain, banana, chocolate,

mango & pear are all OK)

(sorbets made with allowed fruits are OK)

Fruits

High (V High) Salicylate

Apricot

Blackberry

Blackcurrant

Blueberry

Cherries (tinned)

Currants, redcurrants

Dates

Dried fruits

Gooseberry

Melon

Orange

Medium Salicylate

Apple

Cherries (fresh)

Cranberry

Grapefruit

Grapes

Guava

Kiwi fruit

Mandarin

Nectarine

Peach

Pears (with skin)

Low or No Salicylate

Apple

Banana

Figs

Grenadillo

Lemon & juice

Lychee

Mango

Passionfruit

Paw-paw

Pear juice

Pears (peeled)

Information for patients, families and carers



Pineapple

Prune

Raisins, sultanas

Raspberry

Strawberry

Persimmon

Plums

Watermelon

Pears (tinned)

Pineapple juice

Pomegranate

Rhubarb

Vegetables

High (V High) Salicylate

Asparagus

Capsicum

Mushroom (tinned)

Water chestnut

Medium Salicylate

Avocado

Broad Beans

Broccoli

Eggplant

Gherkin

Radish

Spinach

Tomato

Zucchini

Low or No Salicylate

All others

(fresh mushroom is OK)

(chilli peppers are OK)

Snacks & sweets

High (V-High) Salicylate

Almonds

Aniseed

Chewing gum

Desert toppings

Flavoured crisps and corn chips

Honey

Icy poles

Jams & jellies

Liquorice

Muesli bars

Peppermint(s)

Medium Salicylate

Brazil nuts

Corn chips

Corn snacks

Macadamia nuts

Peanuts

Peanut butter

Pine nuts

Tacos

Low or No Salicylate

All others

(other nuts, seeds, coconut, chocolate

and plain chips are OK)

Sauces, herbs and spices

High (V High) Salicylate

Chutneys

Medium Salicylate

Aniseed

Low or No Salicylate

All others – including: